

Press release for immediate use

DETOX AND SLIM DOWN AT SAMUJANA

Samujana unveils the first of its highly anticipated luxury wellness programs for those wanting to slim down for the festive season or kick start 2016 with a revitalizing January detox



Widely recognised as the region's most sought after and exclusive private villa estate, Samujana is now also officially a spa destination in it's own right. For those wanting to slim down for the festive season, escape the fast-paced pressures of the city or simply kick-start 2016 with a New Year detox, Samujana's two brand new packages provide tailored wellness programs in conjunction with the region's leading spa experts at Amrita.

1. The 'Easy Slim Deluxe'

The countdown to the festive season has begun and Samujana has introduced an easy, highly personalised slimming plan for those who want to shed a few extra kilos, fine tune their metabolic system and reach and maintain their weight goals.

The Easy Slim program is comprised of 100% natural herbal shakes, a personal nutrition plan and light exercise. It will see each guest modify their calorie intake and exercise levels, clear out the accumulated toxins and ultimately boost the metabolic rate. Most importantly, it will guide guests towards a long-term lifestyle plan and give them the knowledge and confidence to continue the momentum after leaving Samujana.

Results of the Easy Slim Deluxe will be measurable weight loss and significantly increased energy levels, as well as a personalised maintenance plan to ensure guests keep on track afterwards.

Easy Slim Deluxe: Sample Daily Schedule (customised for each client)

- 7.00 *Rise and Shine: wake-up drink 500ml pure water with fresh lime*
- 7.30 *Easy Detox Shake with young organic coconut water*
- 8.30 *Private Yoga and Meditation*
- 10.00 *Breakfast with Easy Slim Shake with young organic coconut water*
- 10.30 *Natural Health Therapy with Chief Naturopath Dr. Graham Rowe*
- 13.30 *Lunch with Easy Detox Shake with young organic coconut water*
- 14.00 *Massage Selections or Leisure activities*
- 16.30 *Easy Slim Shake with young organic coconut water*
- 17.00 *Fitness Selection with Health Coach – Mr. Ron Veldhuis*
- 18.00 *Dinner with Easy Slim Shake with young organic coconut water*
- 21.00 *Easy Slim Shake with young organic coconut water*
- 21.30 *Sweet Dreams*

The Easy Slim Deluxe package is available from USD \$900 a day for a highly personalised guest program, and lasts between 5 – 14 days. The program includes:

- *Comprehensive weight loss consultation*
- *Daily support of Amrita leading nutritionists and naturopaths*
- *Daily signature 100% herbal Easy Slim shakes prepared with organic coconut water*
- *Daily meals (vegetables and fruit platters)*
- *Daily yoga classes*
- *Daily meditation classes and breathing sessions*
- *Sports massage every other day*
- *Thai traditional massage every other day*
- *Daily water exercises*
- *Daily evening beach walk*
- *Unlimited Alkaline water (live water) with organic tropical fruit infusions and herbal teas*
- *Post-retreat Probiotic Program*
- *Comprehensive Post Retreat Plan*
- *1 take-home Amrita's Easy Slim Deluxe Kit*

2. The 'Easy Detox Deluxe'

The Easy Detox Deluxe has been designed especially by Amrita experts for Samujana guests who want to detox, decompress and relax in the privacy and comfort of their own villa. Ideal for those who want to escape their urban lifestyles, the package gives guests peace, quiet and solitude from their fast paced lives with longer treatments and bespoke itineraries.

The personalised Easy Detox Deluxe program supports and enhances the body's natural detox pathways to clear out toxins at a deep cellular level before flushing them out of the system. It also provides high-level antioxidant support to minimize any adverse reactions as those toxins are re-packaged for removal. By the end of the program, guests will leave Samujana feeling lighter and brighter with a spring in their step, armed with a personalised after care plan.

Easy Detox Deluxe: Sample Daily Schedule (customised for each client)

- 7.00 *Rise and Shine: wake-up drink 500ml pure water with fresh lime*
- 7.30 *Easy Detox Shake with young organic coconut water*
- 8.30 *Private Yoga and Meditation*
- 10.00 *Breakfast with Easy Detox Shake with young organic coconut water*
- 10.30 *Natural Health Therapy with Chief Naturopath Dr. Graham Rowe*
- 13.30 *Lunch with Easy Detox Shake with young organic coconut water*
- 14.00 *Massage Selections or Leisure activities*
- 16.30 *Easy Detox Shake with young organic coconut water*
- 17.00 *Fitness Selection with Health Coach – Mr. Ron Veldhuis*
- 18.00 *Dinner with Easy Detox Shake with young organic coconut water*
- 21.00 *Easy Detox Shake with young organic coconut water*
- 21.30 *Sweet Dreams*

The Easy Detox Deluxe package is available from USD \$900 a day for a highly personalised guest program, and lasts between 5 – 14 days. The program includes:

- *Comprehensive Easy Detox Consultation*
- *Daily support of Amrita leading nutritionists and naturopaths*
- *Daily signature 100% herbal Easy Detox shakes prepared with organic coconut water*
- *Daily meals (vegetables and fruit platters)*
- *Daily yoga classes*
- *Daily meditation classes and breathing sessions*
- *2 Amrita Luxury Detox Spa Facials*
- *Daily coconut oil or Thai massage*
- *Unlimited Alkaline water (live water) with organic tropical fruit infusions and herbal teas*
- *Post-cleanse Probiotic Program to boost your immune system*
- *Comprehensive Post Retreat Plan*
- *1 take-home Amrita's Easy Detox Deluxe Kit*

- Ends -

Notes to editors

About Samujana

Minutes from Koh Samui airport, Samujana was founded on the understanding of the need for true privacy, discretion and peace. Specifically designed to host groups and families, the luxurious and expansive Samujana Villas are fully equipped to provide first class health and wellness regimes in a secluded, natural and calming setting.

At Samujana, time is the ultimate luxury, giving guests a true sanctuary for the body mind and soul. Specific villas feature private gyms and workout areas that contend with the worldwide fitness brands, large lap pools, floodlit tennis and basketball court and a full range of in-villa spa treatments available, enabling guests to keep healthy and energized at their own pace. Dedicated villa staff are on hand and tailored health and fitness sessions are available just a simple phone call away. From meditation, yoga and in-house Muay Thai training classes, to group workouts and floodlit tennis games, there's something to keep everyone motivated and on track with their fitness goals.

At the end of the day, friends can relax in their villa and enjoy a movie in their private cinema, a fresh, wholesome meal cooked to their preference by the in-house chef, or simply relax with a traditional Thai massage.

About Amrita Retreat

Amrita operates luxury wellness retreats in Koh Samui Thailand and offers managed wellness programs to luxury properties in South East Asia. The uniqueness of all-natural Amrita wellness programs is in level of service, privacy and personalization. Amrita "360 approach" wellness methodology is based on

- 1) Traditional Thai herbs backed by western expertise
- 2) Nutritional science with delicious menu choices
- 3) Personalized body fitness and mind practices
- 4) Organic living awareness

As a result of this integrated, holistic approach, Amrita offers exclusive wellness experience with amazing results after just a few days in the program. And comprehensive Post-program recommendations make sure the results really last. It all started in 2012 in Chiang Mai, Northern Thailand, when an international team of naturopaths and nutritionists got together and decided to develop an effective cleansing method that applies two ancient medicinal principles: first, 'do no harm' and 'let food be thy medicine and medicine be thy food'. That's how Amrita's 100% natural detox methodology was born. The methodology is based on 100%

natural herbal shakes that cleanse and protect your body, whilst also giving plenty of nourishment. The result is a deep cleansing effect on a cellular level with a gentler, more relaxed and harmonious experience. The methodology applies medicinal Thai herbs and plants as ingredients for unique shake formulas, designed for triple action:

- To nourish the body and mind during detox.
- To protect your body from oxidative damage from released toxins.
- To promote toxins release in the body.

Amrita's individual wellness programs come with hands-on support from certified naturopaths. Amrita methodology rightfully acknowledges that the path to better health may not be fully achieved in one short holiday retreat. Therefore Amrita programs always include post-program herbal blends and personal online support on wellness and diet.